

Healthy Living

Support Healthy Lifestyles and Disease Prevention

OBJECTIVE:	Healthy Living
Initiative 3A:	RESPIRATORY HEALTH Establish a proactive respiratory health program to reduce respiratory illness.
Actions:	<p><u>PHASE I (beginning in FY11)</u></p> <ul style="list-style-type: none"> • Develop a “Healthy Homes” resource to assist persons with respiratory health problems with information about mold, second hand smoke, radon, and asthma triggers • Obtain or develop educational materials on respiratory health for distribution to residents with respiratory health issues • Develop a protocol for assessing homes for environmental health issues that may cause respiratory health problems • Inventory all the smoking cessation resources available to Alexandria residents • Write grant proposals to further develop a Respiratory Health/Healthy Homes Program <p><u>PHASE II (beginning in FY12)</u></p> <ul style="list-style-type: none"> • Expand the ability to receive complaints & referrals about problems in indoor environments (mold, dust, smoke, aerosol products, animal dander, insects, rodents, moisture) that trigger respiratory health problems • Provide free assessment of the homes with a respiratory health complaint. Assess for environmental conditions that can cause respiratory health problems • After each assessment, provide counseling on how to reduce or eliminate environmental triggers to respiratory health problems with follow-up visit to residents of homes assessed • Assist low income residents with proactive interventions to address environmental triggers for respiratory health problems • Begin referring children with severe asthma problems to the Health Department who are identified through school nurses and pediatricians/family practice physicians who identify children with severe asthma <p><u>PHASE III – FY13 or sooner – dependent on Partnership’s ability to attract volunteers and grant funding support</u></p> <ul style="list-style-type: none"> • Develop a campaign to encourage all parents to pledge to make their home and car smoke-free • Develop a program to encourage apartment buildings to go smoke free using the HUD Smoke-Free Housing Initiative materials • Educate community residents about how to improve their home environment and reduce the triggers for respiratory health problems • Coordinate smoking cessation programs in City. Provide financial assistance for smoking cessation to low-income residents.
Measures:	<ul style="list-style-type: none"> • Percent of respiratory health complaints resolved within 30 days • Number of homes assessed for environmental triggers for respiratory health problems • Percent reduction in school days missed due to asthma by students that had an environmental assessment of their home conducted • Number of apartment buildings/units that go smoke-free

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Initiative 3B:	ACCESS TO HEALTHY FOODS Increase access to fruits, vegetables and other healthy foods for low-income residents.
Actions:	<ul style="list-style-type: none"> • Establish a system to accept food stamps at farmers' markets. • Partner with schools, community groups, community organizations, and neighborhood associations to increase opportunities to grow healthy food in the community. • Create education and outreach program to promote healthy eating around gardening and farmers markets.
Measures:	<ul style="list-style-type: none"> • Percent of new community garden plots utilized in growing season by low-income residents. • Number of food stamp participants who participate in farmers market program. • Amount of vegetables and fruits purchased at farmers markets with food stamps.

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Initiative 3C:	"HEALTHY CITY" INDICATOR SYSTEM Establish a "Healthy City" indicator system, updated biannually, that tracks key health indicators identified for their importance by the community.
Actions:	<ul style="list-style-type: none"> • Establish draft set of indicators to measure community-prioritized health elements (already in process) • Seek community input on indicators (planned for Spring 2010) • Finalize indicators (planned for Summer 2010) • Collect & analyze indicator data • Establish website linked to <i>Partnership for a Healthier Alexandria's</i> website to post data with easy search capabilities • Develop and implement outreach strategy
Measures:	<ul style="list-style-type: none"> • Number of residents who access the "Healthy City" indicator system • Number of collaborative efforts created to improve community conditions • Progress made to improve community conditions or outcome

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Initiative 3D:	<p>PLAYGROUNDS FOR TOTS</p> <p>Build a “Playgrounds for Tots” initiative to address obesity in toddlers and preschoolers by increasing recreation space through quality improvements and provide new equipment to existing playgrounds in neighborhoods that lack adequate, safe recreation space for toddlers and preschoolers.</p>
Actions:	<ul style="list-style-type: none"> • ACHIEVE Planning Team will complete environmental assessment of playgrounds for toddlers/preschoolers and identify priority areas based on projected neighborhood rates of obesity in children, ages 2-5, and playground status. • Collaborate with the Department of Parks, Recreation, and Cultural Activities to incorporate needs of children, ages 2-5, and access of playgrounds to low-income neighborhoods into its Playground Renovation plans. • Develop plan for prioritized renovations.
Measures:	<ul style="list-style-type: none"> • Number of neighborhoods with usable playgrounds for toddlers and preschoolers.

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Initiative 3E:	REDUCE RISKY BEHAVIOR By 2013, reduce the occurrence of risky behaviors including substance use and abuse, risky sexual behavior and violence.
Actions:	<ul style="list-style-type: none"> • Implement the environmental strategies delineated in Substance Abuse Prevention Coalition of Alexandria's (SAPCA) logic model and strategic plan. • Implement school and community-based universal and targeted substance abuse prevention programs. • Use Developmental Assets and Youth Risk Behavior Survey data for evidence-based decision making. • Awareness campaign on risk behavior reduction. • Parent workshops • Text message line • Community outreach offerings • STI (Sexually Transmitted Infections) Clinic
Measures:	<ul style="list-style-type: none"> • Decrease in underage drinking among youth. • Decrease in high school and middle school youth smoking cigarettes. • Decrease in high school and middle school youth who are using marijuana. • Decrease in rate of sexually transmitted infections (STI). • Decrease in HIV/AIDS rate. • Decrease in teen pregnancy rate. • Decrease various arrest rates/police calls, i.e. domestic violence.

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Initiative 3F:	ECO-CITY OUTREACH Increase community education and outreach efforts for Eco-City related initiatives focused on sustainability, such as energy and water conservation, green buildings, Eco-City Audit, behavioral changes, and improved coordination across the City.
Actions:	<ul style="list-style-type: none"> • Host a series of green building forums/workshops such as rain barrel workshops and energy audits. • Increase outreach to Civic Associations/Homeowner Associations, schools and other civic groups on Water Quality, Energy and Water Conservation, Green Buildings etc. in 2010, 2011, and 2012. • Provide information by means of brochures and web enabled technologies. • Provide opportunities to citizen volunteers to participate in events such as stream clean-up, storm drain marking, tree planting, or invasive plant removal.
Measures:	<ul style="list-style-type: none"> • Number of outreach educational events targeted geared towards various groups • Number of community events for citizens to volunteer. • Number of Citizens attending workshops or green building forums.